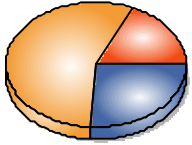




Sausage, Home Made Chicken Italian

Recipe grams: 956.79g/33.7oz

Serves 11.25 85.05g/3.0oz per serving



Protein: 81%
 Carbohydrates: 7%
 Fat: 13%

INGREDIENTS

- 2 lb CHICKEN BREAST, BONELESS, RAW, MEAT ONLY
- 1 tbsp SALT, TABLE
- 2 tbsp SAGE, GROUND
- 1 tbsp PAPRIKA
- 1 tbsp OREGANO
- 1 clove GARLIC, RAW
- 1 tbsp FENNEL SEED
- 1/4 oz RED PEPPER, CRUSHED, DEHYDRATED

DIRECTIONS

Place chicken breasts as ground meat into a large mixing bowl. Add all ingredients and work in well with your hands. Place into a sealable container or freezer bag and refrigerate for 3 hours or overnight..

If desired, place into sausage casings. Otherwise form into patties, balls or keep as ground as desired.

Nutrition Facts	
Serving Size: 1 serving (85.0g)	
Servings: 1	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 670mg	30%
Total Carbohydrate 2g	0%
Dietary Fiber less than 1g	4%
Sugars 0g	
Protein 19g	
Vitamin A 10%	• Vitamin C 2%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	